

**NATFAN: Children
National Report
Pre-Food Package Rollout Questionnaire
Fall 2009**

Total number of participants who completed part or all of the questionnaire: 40,837

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Introduction

The NATFAN pre-rollout questionnaire was administered to over 80,000 WIC participants in 52 programs representing 39 states, 11 ITOs, Washington DC, and one US Territory. WIC programs distributed this questionnaire between November 2008 and September 2009, prior to the implementation of the new WIC food package.

The results in this report capture a “snapshot” of the consumption and food frequency patterns of WIC participants prior to the new food package rollout based on a *sample, not every participant*. You may want to compare the questionnaire responses with the most recent certification reports to make sure that the sample group is similar to the overall participant makeup.

These results reflect all of the *completed* questionnaires (please see sample sizes on page 1). Blank or refused surveys were not included in these results.

The totals for each question may not match the number shown on page 1. Not every participant who completed the questionnaire responded to all questions, so the results for each item reflect only those who answered that question. The letter “*n*” denotes the total number of participants who answered the question.

This report is designed to help you evaluate the impact of the new WIC foods and to help you plan and provide the best possible nutrition education services for your participants. If you have any questions about this report, please contact Rachel Condie at rcondie@tamu.edu or 979-458-2679 or Asha Girimaji at asha.g@tamu.edu or 979-862-2213.

We appreciate your participation in this project!

Parent/Caregiver Demographic Information

Participant Status

WIC participants reported the following information about their children:

1. 91.0% of 37,391 participants had a child in the household who received WIC foods.
2. 83.5% of 33,253 participants had a child who received WIC foods in the past 30 days.
3. 97.0% of 36,162 participants were the primary caregiver for the child.

4. What is your age?	# of participants	%
17 or younger	1,185	3.4
18-23	8,728	25.2
24-29	12,014	34.6
30-34	6,427	18.5
35 or older	6,334	18.3

n=34,688

5. What is the highest level of education you have completed?	# of participants	%
1 st to 6 th grade	2,013	5.5
7 th to 9 th grade	2,839	7.7
10 th to 12 th grade	5,888	16.1
High School graduate / GED	12,114	33.1
At least some college	13,796	37.6

n=36,650

2009 NATFAN Questionnaire (Parent/Caregiver Information)

6. What is your race?	# of participants	%
White, non-Hispanic	15,257	37.7
White, Hispanic	10,217	26.0
Black, non-Hispanic	5,588	14.3
Black, Hispanic	901	2.3
Native American, non-Hispanic	1,356	3.5
Native American, Hispanic	923	2.4
Pacific Islander, non-Hispanic	505	1.3
Pacific Islander, Hispanic	256	0.7
Asian, non-Hispanic	881	2.3
Asian, Hispanic	290	0.7
Other	1,598	4.1
I do not want to answer	1,105	2.8

7. What language is spoken most often at home?	# of participants	%
English	24,548	65.6
Both Spanish and English	5,492	14.7
Spanish	6,804	18.2
Other	602	1.6

n=37,446

Child Information

8. What is your child's age?	# of participants	%
12 months – 23 months	10,734	30.2
24 months – 35 months	9,960	28.1
36 months – 47 months	8,401	23.7
48 months – 59 months	6,413	18.1

n=35,508

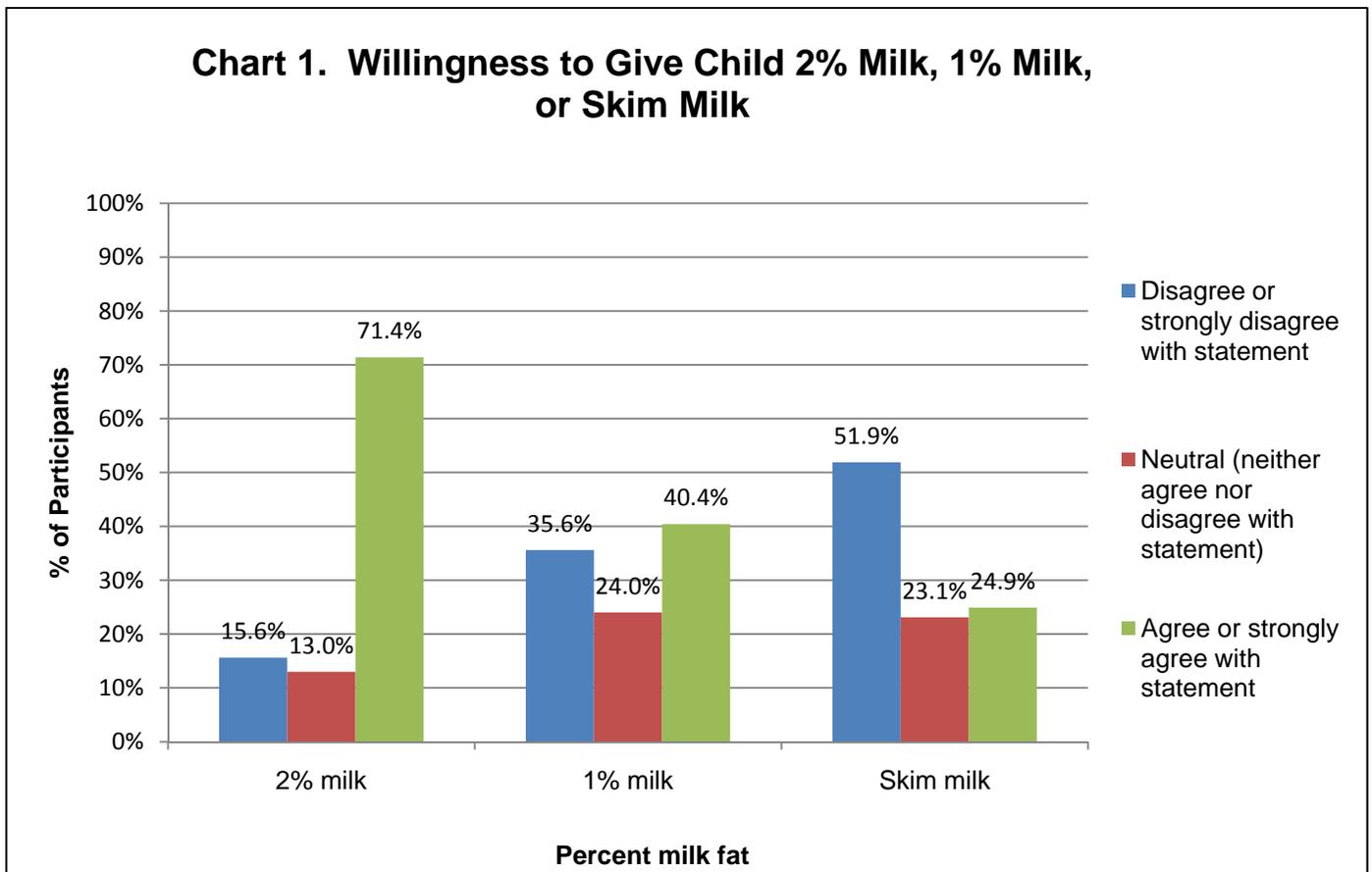
9. 51.4% of 36,991 participants have a child who is a boy.

10. 48.6% of 36,991 participants have a child who is a girl.

Milk Consumption

Participants were given the following statements about milk selections and were asked to rank how strongly they agreed or disagreed. The statements and results are shown below:

- 11. I am willing to give my child who is two years old or older 2% milk.
- 12. I am willing to give my child who is two years old or older 1% milk.
- 13. I am willing to give my child who is two years old or older skim milk.



n = 36,755 for question 11, n = 35,993 for question 12, and n= 35,991 for question 13

14. How many cups of milk does your child usually drink in a day?	# of participants	%
My child does not drink milk	883	2.3
Less than 1 cup	814	2.1
1 cup	3,214	8.4
2 cups	11,051	28.9
3 cups	13,759	35.9
4 or more cups	8,567	22.4

n=38,288

15. What kind of milk does your child drink most often?	# of participants	%
My child does not drink milk	967	2.6
Cow's milk	33,602	90.4
Lactaid or lactose free milk	1,772	4.8
Soy milk	582	1.6
Goat's milk	111	0.3
Rice milk	131	0.4

n=37,165

16. What types of cow's milk does your child drink most often?	# of participants	%
My child does not drink cow's milk	1,474	4.0
Whole milk	17,502	47.2
2% milk	14,221	38.4
1% milk	2,417	6.5
½ % milk	182	0.5
Skim (fat free) milk	938	2.5
I do not know	346	0.9

n=37,080

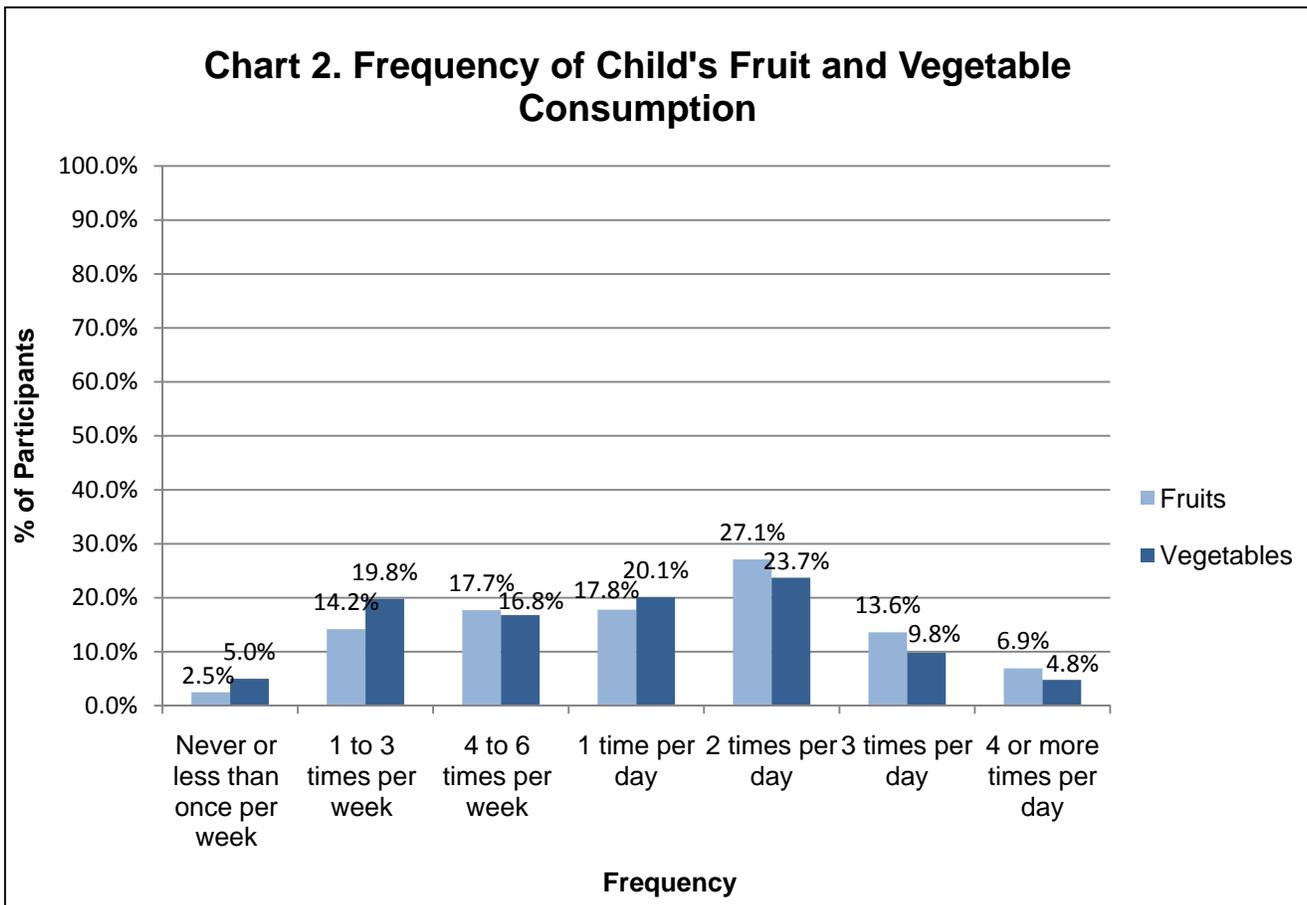
Beverages

17. How often does your child do the following?	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Drink 100% juice such as orange, apple, or tomato. n=38,104	1,691 (4.4%)	7,428 (19.5%)	4,997 (13.1%)	6,106 (16.0%)	9,607 (25.2%)	5,544 (14.5%)	2,731 (7.2%)
Drink soy milk. n=36,150	33,724 (93.3%)	917 (2.5%)	241 (0.7%)	350 (1.0%)	354 (1.0%)	302 (0.8%)	262 (0.7%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n=37,256	26,853 (72.1%)	6,993 (18.8%)	993 (2.7%)	1,485 (4.0%)	597 (1.6%)	189 (0.5%)	146 (0.4%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n=37,331	16,882 (45.2%)	12,435 (33.3%)	2,441 (6.5%)	2,919 (7.8%)	1,600 (4.3%)	628 (1.7%)	426 (1.1%)

Fruits and Vegetables

Participants were given the following 2 questions about their child's fruit and vegetable consumption. The chart displays their response:

- 18. How often does your child eat fruit? This does NOT include juice.
- 19. How often does your child eat vegetables such as salad, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.



n = 37,602 for question 18 and n = 37,924 for question 19

2009 NATFAN Questionnaire (Fruits and Vegetables)

20. During the past year, which fruits did your child usually eat?	Selected	
	# of participants	%
My child does not eat fruit	384	1.0
Apples	34,866	86.6
Apricots (fresh)	3,536	9.0
Apricots (dried)	1,608	4.1
Bananas	35,795	88.8
Berries (blueberries, blackberries, raspberries)	12,090	30.4
Melons (cantaloupe, honeydew)	21,734	54.6
Cherries	11,638	29.4
Dates	915	2.3
Figs	1,877	4.8
Grapefruit	6,177	15.7
Grapes	30,727	76.5
Kiwis	8,419	21.3
Lemons or Limes	8,733	22.2
Mangos	14,295	36.3
Nectarines	8,127	20.6
Oranges	30,865	77.0
Papaya	6,149	15.7
Peaches	24,179	60.3
Pears	21,829	54.6
Pineapple	20,689	51.9
Plums	9,132	23.2
Prunes	3,816	9.7
Raisins	15,626	39.2
Rhubarb	769	2.0
Strawberries	28,086	69.9
Tangerines	11,444	29.1
Watermelon	26,999	67.4
Other	729	1.9

2009 NATFAN Questionnaire (Fruits and Vegetables)

21. During the past year, which vegetables did your child usually eat?	Selected	
	# of participants	%
My child does not eat vegetables	509	1.3
Asparagus	5,232	13.3
Avocados	10,601	26.9
Beets	3,167	8.1
Broccoli	26,593	66.5
Brussels Sprouts	2,615	6.7
Cabbage	14,247	36.2
Carrots	31,952	79.4
Cauliflower	12,034	30.4
Chayote	3,915	10.0
Corn	30,810	76.7
Cucumbers	19,101	48.0
Eggplant	2,388	6.1
Greens (collard, mustard, turnip)	6,378	16.3
Green Beans	26,279	65.5
Green Peas	20,882	52.3
Lettuce (all varieties)	22,027	55.3
Mushrooms	8,402	21.3
Okra	3,599	9.2
Onions	13,907	35.1
Peppers (Bell, green, yellow, orange, red)	10,393	26.2
Potatoes	32,152	80.0
Spinach	9,969	25.3
Summer Squash (yellow, zucchini)	10,965	27.8
Sweet Potatoes	16,675	42.1
Tomatoes	24,260	60.8
Tomatillos	2,783	7.1
Winter Squash (acorn, pumpkin)	6,065	15.4
Other	603	1.5

Grains

WIC participants reported consuming the following whole and refined grains:

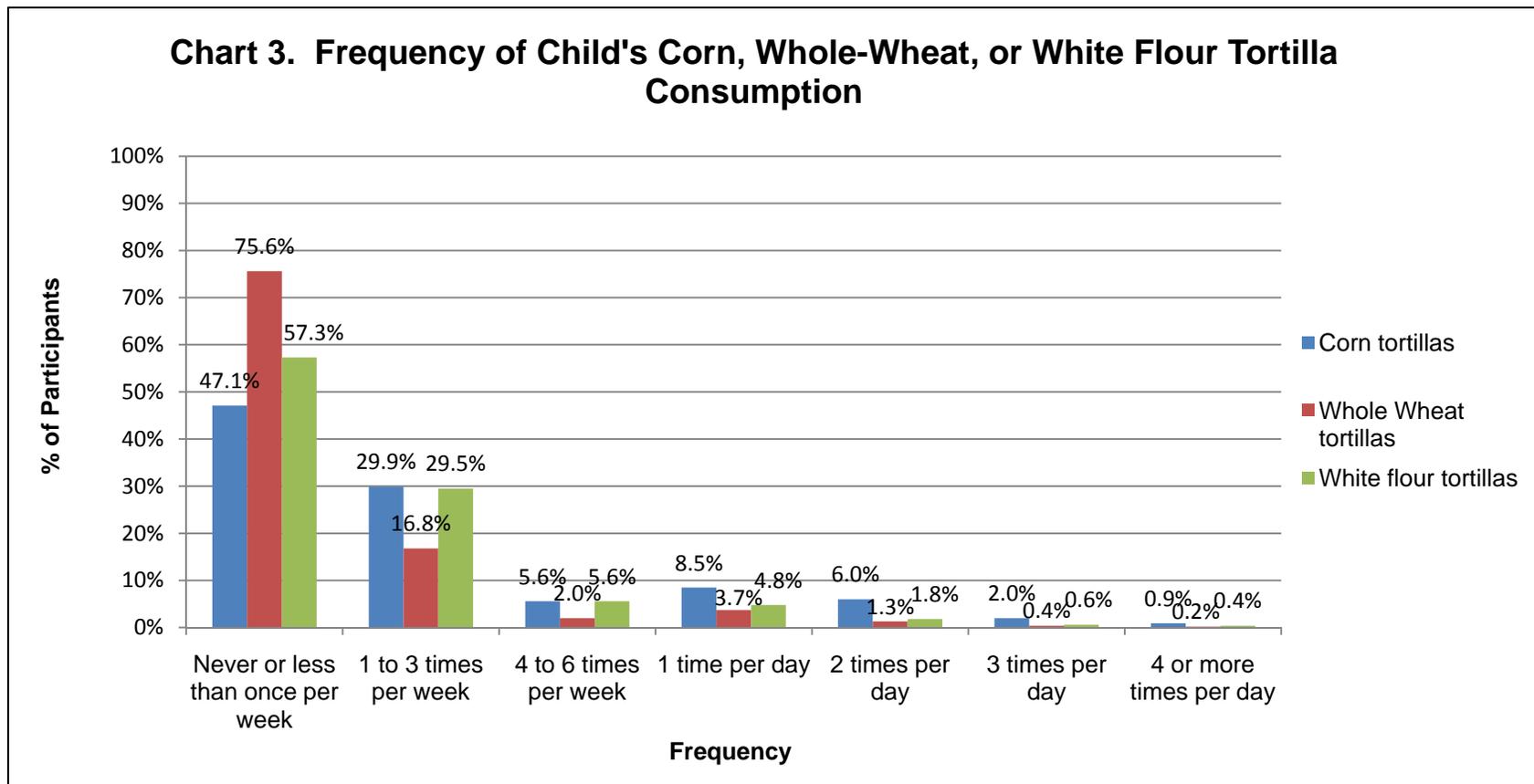
22. How many times does your child:	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Eat brown rice. n=36,964	23,550 (63.7%)	8,882 (24.0%)	1,724 (4.7%)	1,820 (4.9%)	625 (1.7%)	218 (0.6%)	145 (0.4%)
Eat oatmeal. n=37,493	11,703 (31.2%)	14,758 (39.4%)	4,682 (12.5%)	4,606 (12.3%)	991 (2.6%)	373 (1.0%)	380 (1.0%)
Eat white rice. n=37,727	10,632 (28.2%)	16,579 (43.9%)	4,534 (12.0%)	3,227 (8.6%)	1,566 (4.2%)	688 (1.8%)	501 (1.3%)

Participants were asked the following three questions about their child's tortilla consumption. The results are displayed in Chart 3.

23. How many times does your child eat corn tortillas?

24. How many times does your child eat whole-wheat tortillas?

25. How many times does your child eat white flour tortillas?

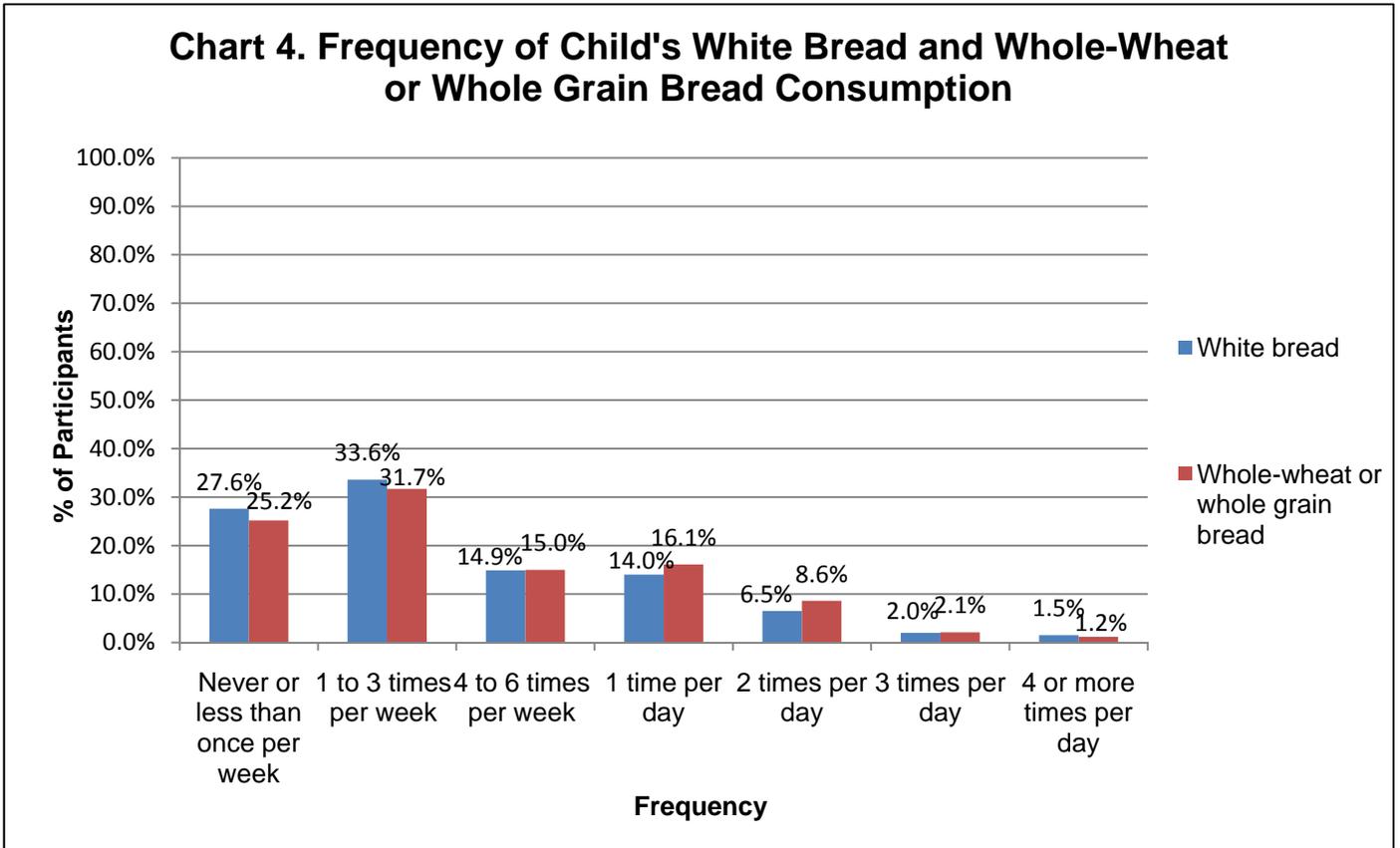


n = 37,554 for question 23, n = 37,053 for question 24, and n = 36,787 for question 25

Participants also answered questions about the frequency of their child consuming different types of bread. These questions are listed below and the results are displayed in Chart 4.

26. How many times does your child eat white bread?

27. How many times does your child eat whole-wheat or whole grain bread?



n = 37,432 for question 26 and n = 37,459 for question 27